## ABSTRACT

The invention relates to a method for measuring the spin in an optical fibre by irradiating an optical fibre with light so as to form an interference pattern, wherein the ovality of the optical fibre, which results in a continuously changing interference pattern, is used for determining the spin in the optical fibre.

 $\label{eq:local_problem} \begin{array}{ll} A_{1} & A_{2} & A_{3} \\ A_{3} & A_{4} & A_{3} \\ A_{3} & A_{4} & A_{5} \\ A_{4} & A_{5} \\ A_{5} & A_{5} \\ A_{5}$